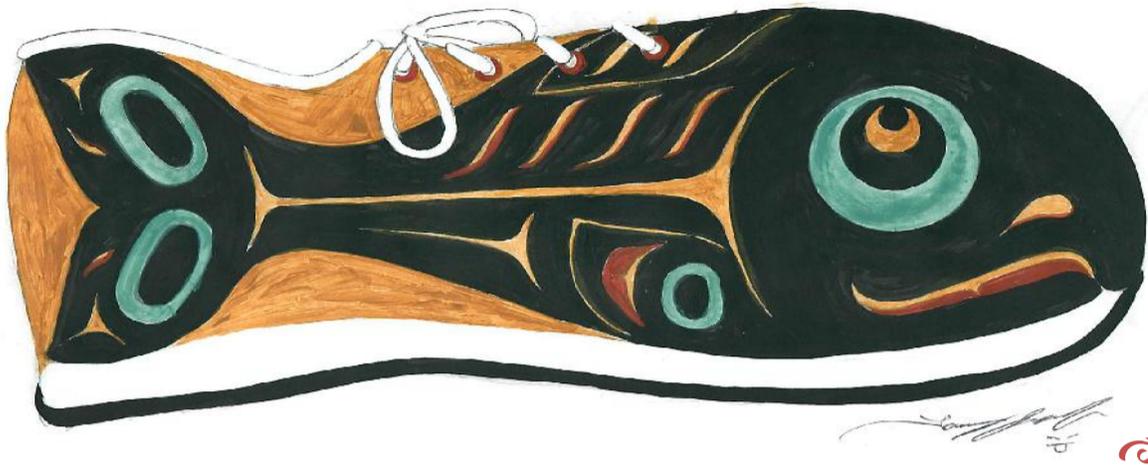




Park Prescriptions Program



The Program

Park Prescriptions is designed to strengthen the connection between the healthcare system and our public lands. The staff at Sitka National Historical Park hopes that when local healthcare providers prescribe physical activity in the outdoors, the park can provide a welcoming place to exercise and play a part in preventing and/or treating health problems caused by inactivity in our community.

The State of our Health

The Center for Disease Control and Prevention (CDC) states that 72 million adults in the United States are medically obese and more likely to develop major chronic diseases, such as type-2 diabetes, heart disease, and cancer.

The cause of this staggering statistic is due in part to the fact that physical activity has declined dramatically in recent years. The CDC reports that more than 40 percent of the U.S. population is sedentary, meaning they lack the degree of movement needed to maintain a healthy lifestyle.

Benefits of Outdoor Exercise

Whether taking a vigorous hike or gentle stroll in the park, getting back to nature can improve your physical health, as well as emotional and mental well-being.

Here are some of the best health reasons to move your exercise outdoors:

Fresh air exercise:

- reduces stress
- improves brain function and instills a sense of well-being
- Ten to 15 minutes of sunshine three times weekly is enough to produce the body's requirement of vitamin D.

Regular exercise may help:

- reduce obesity
- lower blood pressure
- manage diabetes
- lowers risks for heart disease and other chronic diseases

The Solution-Park Prescriptions

Health care professionals, working with Sitka National Historical Park, will identify trails and activities that are appropriate for patient care. Health care providers will then write a prescription that is tailored for each patient's personal needs. Following that prescription, patients will use the park trails to improve their health and wellness and work with their provider to track progress. All health information is confidential between patient and the health provider and no patient information is collected or provided to the National Park Service.



For More Information....

To read more about the Healthy Parks Healthy People initiative: http://www.nps.gov/public_health/hp/hphp.htm

Want to Get Involved? Contact:

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